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The U.S. Government's Global Hunger & Food Security Initiative

Enhancing milk quality and consumption for improved income and nutrition in Rwanda

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NUTRITION STUDY AIM

Evaluate the impact of a nutrition education intervention on animal source food (ASF) consumption and nutrition outcomes among children 12-23 months of age and pregnant and lactating women



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RANDOMIZE 60 VILLAGES IN 2-4 DISTRICTS

Households with a child 12-23 month and eligible for Girinka program

Did not
receive a cow
(n=240)

Received a
cow
(n=240)

Received a
cow +
nutrition
education
(n=240)



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METHODS

- Intervention: Individual and group nutrition education focused on ASF consumption – led by Community Health Workers (CHWs)
- Mixed methods:
 - Baseline and endline surveys (n=720)
 - In-depth interviews (n=60) with households in three study arms and CHWs
- Outcome measures:
 - Children's and women's dietary diversity and dairy consumption
 - Anthropometry





INTERVENTION

- 2-4 districts
- CHWs conduct group sessions on infant and young child feeding and nutrition for pregnant and breastfeeding mothers
- Focus on increasing dietary diversity and increasing milk consumption
- Intervention period – 10-12 months





SUB-CONTRACTOR ROLES

- Review existing IYCF and maternal nutrition health education materials
- Collaborate with RTI to develop and test additional messages on animal source food consumption
- Coordinate efforts with Ministry of Health, local government, and other organizations support nutrition programs in the districts
- Train and provide supportive supervision to CHWs
- Monitor intervention implementation

